



• How To Cook 5 * Panzerotti Dough with Milk

eDitorial work N°32 by L.Guidali N°32 ETOILE

(You can watch this recipe in video on eManation)



ACTION ONE $(7.5\sqrt{})$ (Mixing and Carving) Mix the ingredients and knead the dough: $\$Step 1 (1.5\sqrt{})$ (Page 8) $\$Step 2 (6\sqrt{})$ (Page 10)

ACTION TWO (0,5 √) (≥ ...) Let the dough rest:

Tystep 3 (0,5 √) (Page 14)

VFinish (Page 17)

+8 √ Experience Points in cooking

explanation:

Mix 25g of fresh yeast (you can use another type of baker's yeast) in 400ML lukewarm milk.

Then pour 4g of sugar. After, on a flat work surface (Or with your robot, petrin ... etc. You can use a big bowl too.) Pour 500g flour. Spread the flour, leaving a small crevice in the center to add 4g of salt and pour your milk with the yeast little by little while stirring.

Begin petrification of the paw for several minutes by adding 45ML of olive oil during petrification. Once finished pour a little flour into a bowl and put the paw in it, pour some flour on top of the dough too. Allow the dough to rest in a relatively warm and humid place for 3 hours (minimum advise) (You may deposit a lukewarm water container if the dough's resting location is an enclosed area).

- 1 Tablespoon = 15G 15ML (About)
- 1 Teaspoon = 5G 5ML (About)
- **PDifficulty:** Wery Easy (Level 1 3)
- **Skills:** Some little notions of cooking
- * Senses: •• Vision 👆 To Touch 🏶 Proprioception 👃 Smell 💯 Thermoception 😈 Taste
- MIntelligences: Kinesthetic Body Intelligence
 - 12 Intelligence Logic Mathematics
 - **!** Imagination
- State of Mind: Pocus
 - **Patient**
 - Perfectionist
 - **Methodical**
 - **Organize**



- 2 Bowls (1 #Optional)
- 1 Spoonful
- Metering (Ingredients)
- 1 Big Bowl
- Cooking System
- <u>Ingredients 7 (1#) (Recipe)</u>: 16 (Panzerotti) 2292
- \bigcirc Olive Oil \bigcirc 45ML \bigcirc 270 Calories
- Milk Lukewarm (Half skim) Q 400ML 183 Calories
- ●Fresh Yeast Q 25g ●90 Calories
- Sugar Q4g ■15 Calories
- ■Wheat Flour Q510g 1734 Calories
- Salt Q4g ■0 Calories
- ─Water (#Optional) —0 Calories
- ! Consider nutrient intake too and not essentially calorie intake
- **■WHAT?**
- Q How To Cook {5} Step by Step

- **Panzerotti Dough with Milk**
- Panzerotti Dough World
- Dough/Main Course/Secondary Dish Galaxy
- ** Cooking Universe ()
- **Type:** Cooking of Panzerotti Dough (Preparation of various recipes for meals)
- **Style:** Panzerotti Dough with Milk
- Language: MInternational (description and steps in English, but comprehensible by the whole world)
- HOW MUCH?
- **\$73** Steps
- 2 Actions
- **√**8 Experience Points
- **%**5 tools
- Need 7 Ingredients (1#Optional)
- 2292 Calories (About) 1 Panzerotti = 143 Calories
- Question (Weight) (About): 445ML (Liquid) 543G (Solid) (1 = 28ML () 34 () Weight of total ingredients used
- How many people: 2-6 Persons (4 Medium) (Main meal)
- Preparation Time: 15 Minutes Minimum 1 Hour Maximum



- § 6 Senses
- **2** Intelligences
- 5 State of Mind



Cook by Carmen

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Learn How To Cook Panzerotti Dough with Milk



Pontault Combault (France)

- **Sweden Music**



10 December 2017

Duration: 10 Minutes Minimum ~ 12 Hours Maximum

! The duration depends on the performance and tools used by the author. That is why this is indicated from the minimum to the maximum.

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(7,5 ✓) (Mixing and Carving) Mix the ingredients and knead the dough:

₹\$Step 1 (1,5√)







(6√)







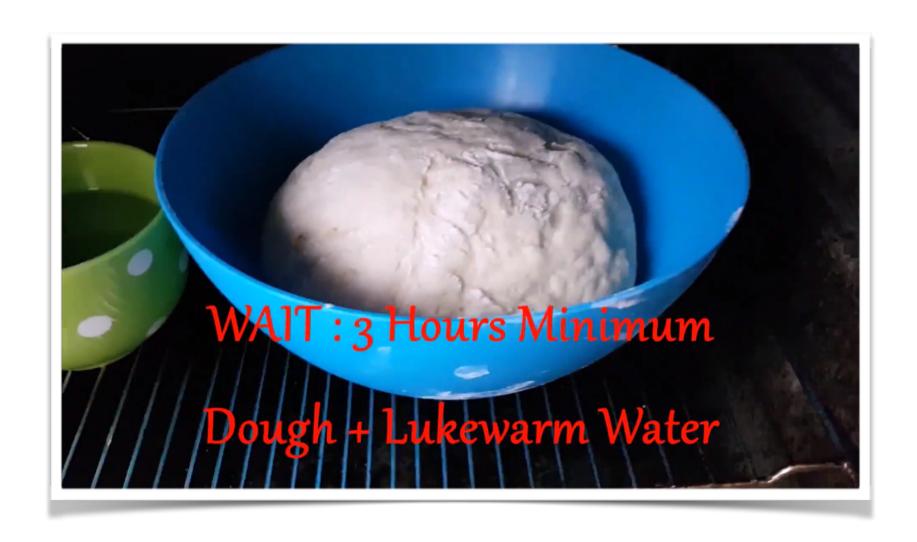




(0,5√) (2...) Let the dough rest:









Points in cooking



